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[redacted] OHB Hot Bar Week 2 Menu

Healthy Course Menu – Monday

Almond Crusted Pork Loin with Dried Cranberry, Apple & Almond Conserve

Baked Barley with Shiitake Mushroom and Caramelized Onions

Whole Grains/Brown Rice

Roasted Mixed Vegetables

Steamed Green Beans

Theme Bar Latin Style - Monday

Chicken Fajitas

Steak Fajitas

Cilantro Rice

Vegetarian Black Beans

Pinto Beans with Bacon

Fajita Peppers and Onions

Accompaniments: Pico de Gallo, sour cream, salsa, cheddar cheese, green onions, and shredded lettuce

Comfort Food/American Classics – Monday

Beef Stew with Frizzled Onions

Rotisserie Style Chicken Quarters

Pan-Seared Chicken Breast with Mushrooms and Pearl Onions

Mashed Potatoes and Gravy

Mac & Cheese

Steamed Broccoli

Roasted Baby Carrots

Bread Pudding

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Healthy Course Menu – Tuesday

Grilled Chicken Breast with Cherry Tomatoes

Apricot and Ginger Glazed Salmon

Whole grains/Brown Rice

Chili-Glazed Sweet Potatoes

Sautéed Leeks and Parsnips

Theme Bar Indian Style - Tuesday

Chicken Makhni

Spicy Rogan Josh Beef

Saag Panner with Tofu

Chana Masala / Vegetarian Dhal

Bombay Potatoes

Roasted Eggplant with Roasted Red Peppers

Garlic Naan Bread

Accompaniments: Corn Bhutta, Raita Cucumber Sauce, Spicy Cilantro Chutney

Comfort Food/American Classics - Tuesday

BBQ Chicken Quarters

Memphis Pulled Pork

BBQ Brisket

Roasted Cornbread Stuffing

Glazed Carrots

Steamed Green Beans / BBQ Baked Beans

Dessert: Warm Apple Cobbler

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Healthy Course Menu – Wednesday

Cajun Grilled Blue Catfish (local)

Chicken Breast Moroccan Style with Green Olives

Parmesan Roasted Potatoes

Steamed Broccoli

Fresh Peas and Baby Carrots

Theme Bar Asian Style – Wednesday

Szechuan Stir Fry with Chicken

Marinated Beef Stir Fry

Tofu with Mixed Vegetable

Jasmin Rice/Brown Rice

Baby Bok Choy

Spring Rolls and Dumplings

Ginger Scented Snap Peas

Comfort Food/American Classics - Wednesday

Garlic Roasted Chicken Wings

Spicy Buffalo Wings

Teriyaki Glazed Wings

Zesty BBQ Wings

Cheesy Mac & Cheese

Baked Beans

Corn on the Cob

Hot Dessert: Peach Cobbler

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Healthy Course Menu – Thursday

Honey Hoisin Pork Tenderloin

Mexican Chicken and Almond Cream Sauce

Brown Rice

Roasted Corn with Fresh Cilantro

Low Fat Creamy Spinach

Theme Bar Italian - Thursday

Chicken Cacciatore

Eggplant Parmesan

Toasted Cheese Ravioli with Alfredo Sauce and Basil

Roasted Chicken Breast with Pappardelle with Mushroom sauce

Zucchini and Squash

Italian Green Beans

Whole Wheat Penne with Marinara Sauce and Basil

Garlic Bread

Comfort Food/American Classics - Thursday

Airline Roasted Turkey Breast

Tender Pork Roast

Honey Glazed Ham with Pineapple Sauce

Herb Roasted Potatoes

Steamed Baby Carrots

Creamy Mashed Potatoes and Gravy

Garlic-Roasted Brussel Sprouts

Hot Dessert: Cherry Cobbler

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Healthy Course Menu – Friday

Grilled Chicken Breast with Spiced Yogurt

Herb Crusted Cod

Roasted Sweet Potatoes

Green Beans with Roasted Red Peppers

Roasted Summer Squash

Theme Bar Mediterranean Style - Friday

Pita Bread/Naan Bread

Chicken a la Grecco

Chicken Gyro

Lamb & Beef Shawarma

Roasted Eggplant with Chick Peas and Tomatoes

Sautéed Onions and Peppers

Wilted Spinach

Accompaniments: Tzatziki Sauce, Feta, Olives and Tomatoes

Comfort Food/American Classics - Friday

Fried Fish & Chips

Broiled Cod

Calamari Strips with Banana Peppers and Lemon Wedges

Steamed Mussels Deglazed with White Wine and Fresh Herbs

Spicy Fried Popcorn Shrimp Sambal Sauce

Hush puppies

Roasted Roma Tomatoes

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Hot Desserts: Blackberry Cobbler

Salad Bar Hot Proteins – Monday – Friday

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Steak

Buffalo Chicken Tenders

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